SE News

HD **Helter-swelter on the job -- you really just have to keep your cool**

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LP

T he red glare of my alarm clock reads 3 a.m.

I blink at it through eyes blurred with a fine film of sweat and remind myself -- this type of heat is short-lived.

TD

I exist in a world, outside of work, without air conditioning or a solid night's sleep.

My house has an air conditioner that hasn't run in a decade.

My car's AC remains off, unless groceries or the dog are in the back or we are trapped in Toronto-ain't-going-nowhere-fast traffic.

Through choice I've relied on Mother Nature to keep me cool because I find dealing with the temperature, instead of trying to beat it, allows me to work outdoors.

However, when she's blasting me with the breath of a person with an addiction to Mad Dog Hot Sauce, which packs 357,000 Scoville units of heat, it only serves to double my sweat and swear-word ratio.

Still, I try not to complain.

Why? Because at best this heat wave will last a mere seven to 14 days, and I live in a municipality rife with beaches, pools and water parks.

Granted, that sweet Earth goddess hit us with the one-two punch this week with beach closures and a tease of a temperature-breaking storm, but I still love her weather.

Don't get me wrong, I still appreciate the blast of Arctic-like temperatures walking through The Daily News doors, the same as I will worship the wave of heat it offers this winter when temperatures dip to -40 with the wind chill.

And when the weather finally breaks, hopefully with a soft rain, I'll recall how a cool shower and raindrops hitting sun-parched soil and overheated wildlife offer the same relief.

Until then I will enjoy, with extra verve, the refreshing splash of cool water in the newsroom kitchen faucet as it washes the film of grit and sweat from my brow and dream of autumn.

Ah yes, autumn, when Mother Nature loves us best with her vibrant colours, butter-coloured warmth and cool nights offering the sweetest sleep this photographer will get all year.

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